



# Youth Cooking Program



**Enjoy cooking, enjoy good food? Well then join us to learn hands-on valuable skills. Prepare nutritious, economical meals inspired by traditional foods, at the same time having fun!!!**

**The Youth Cooking Program runs every 2nd and 4th Wednesday of the Month, beginning January 29th from 4:00pm—7:00pm**

**If you would like to join us,  
please let us know you will be able to attend  
by calling,**

**Lii Michif Otipemisiwak Family and Community Services  
707 Tranquille Road Phone 250-554-9486**

